

YOU ARE WHAT YOU EAT, SO EAT SMART.

MANTENANCE

EAT MORE FRUITS AND VEGETABLES.

A no-brainer. They help reduce the risk of many diseases. They're chock-full of vitamins and minerals that your body needs. They're low in calories, delicious, versatile, energizing and high in fiber, which will keep you feeling full. They make a great work snack too.

PROTEIN AT EVERY MEAL.

Protein does wonders for your body. It not only nourishes your muscles, it helps your body store excess calories as muscle instead of fat. Protein boosts your metabolism, your testosterone and the production of a hormone that tells your brain you're full.

LIMIT CARBS.

Foods that are high in starch like bread, pasta, potatoes and rice contain high amounts of glucose. This raises your blood sugar, which triggers your body to release insulin. If you lower your insulin levels, you'll lose fat and improve your overall health.

NO MORE PROCESSED FOODS.

Just take a look at the label. So much added sugar, sodium, nitrates, chemicals—stuff you don't need that adversely affects long-term health. If it comes in a bag, wrapper or frozen box, skip it. Take the time to go fresh, and make a meal like a man.

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AVOCADO PESTO DIP

Serves: 8

Ingredients:

4 Ripe Avocados, Peeled and Cubed

1 Cup Pine Nuts

1 Cup Tightly Packed Basil

2-4 Cloves Fresh Garlic

1 Lemon, Juiced

Salt to Taste

DIRECTIONS:

Place all ingredients into a food processor. Gently pulse 5-7 times, until ingredients start to incorporate. Then process on high until all ingredients are smooth and incorporated (you might need to scrape bowl). If a thinner consistency is desired, add $\frac{1}{2}$ of a lemon's worth of juice or water. Adjust salt to preference.

Traditional pestos call for parmesan cheese and olive oil for their texture and recognizable flavor. Avocados are used in this recipe as a substitute to add healthy fat without losing out on creaminess or flavor.



WHITE BEAN DIP

Serves: 8

Ingredients:

1 Can White Beans, Drained

2 Tbsp Tahini

2 Tbsp Nutritional Yeast

2 Tbsp Lemon Juice

1 Tbsp Miso Paste

1 Tsp Cumin

1 Tsp Paprika

1 Tsp Garlic Powder

Pinch of Black Pepper

Chili Flakes to Taste

DIRECTIONS:

Place all ingredients into a food processor or high-speed blender. Process until completely smooth. Adjust seasonings to personal taste. Serve as is, or warm slightly either on a stove-top or microwave.

This dip is certain to replace your favorite cheese dip during game day.



BLACKENED TILAPIA STREET TACOS

Serves: 8

Ingredients:

1 lb Tilapia Fillets

1 Tbsp Salt

1 Tbsp Pepper

1 Tbsp Ground Cayenne

1 Tbsp Smoked Paprika

1 Tbsp Ground Cumin

1 Tbsp Garlic Powder

3 Tbsp Olive Oil

2 Limes, Juiced

Canola Oil

DIRECTIONS:

In a small mixing bowl, mix spices and olive oil until a paste has formed. On a sheet pan, spread out your fillets and pat them dry with a paper towel. Spoon the spice mixture over fillets until they're fully coated on both sides.

Warm stove to medium heat. Coat a large sauté pan with canola oil. Place tilapia fillets into pan and heat for approximately 5 minutes. Flip and heat for another 3 minutes. Before removing, pour lime juice over the fillets. Let cool on a sheet pan lined with a rack.



MANGO SALSA

Ingredients:

- 1 Large Ripe Mango, Peeled, Cored and Minced
- 1 Jalapeno, Minced
- ½ Red Onion, Minced
- ¼ Cup Cilantro, Minced
- 1 Lime, Juiced
- Salt To Taste

DIRECTIONS:

Mix all ingredients in a small bowl. Set aside until ready to assemble tacos.

Blackened fish tacos are a great alternative to traditional breaded and fried tacos. The sweetness of the salsa balances the heat of the tilapia.





CORN & RAJAS STREET TACOS

Serves: 8

Ingredients:

2 Ears Corn, Husked and Carved Off of Cob (or 1 Cup Frozen)

1 Poblano Pepper, Seeded and Julienned

1 Red Pepper, Seeded and Julienned

1 Red Onion, Julienned

$\frac{3}{4}$ Cup Veggie Broth

1 Tsp Ground Cumin

1 Lime, Juiced

Salt and Pepper to Taste

Canola Oil

DIRECTIONS:

Over medium high heat, heat a large saute pan coated with canola oil. Saute the red onion for about 3 minutes. Add the poblano and red peppers and continue to saute for another 5 minutes. Add the corn and cumin, a pinch of salt and pepper. Once peppers have released their juices, finish with the veggie broth and lime juice. Adjust seasoning to taste.





JICAMA SLAW

Ingredients:

1 Jicama, Grated
¼ Cup Cilantro, Minced
1 Lime, Juiced
Salt to Taste

DIRECTIONS:

Mix all ingredients in a small bowl. Set aside until you're ready to assemble tacos.

Traditionally, this dish calls for Mexican Crema and Cotija cheese. If you want a creamier version of this dish, replace the veggie broth with the same amount of canned coconut milk. You'll want to adjust the seasoning for it to not seem too sweet. But it's worth the extra decadence.



MARGARITA LIME BARS



Ingredients:

- 1 ½ Cups Pretzel Crumbs
- ¼ Cup All-purpose Flour
- 7 Tbsp Unsalted Butter, Melted
- 2 ¼ Cup Granulated Sugar or Sugar Substitute, Divided
- 4 Eggs
- ⅓ Cup Fresh Lime Juice (from About 5-7 Limes)
- 2 Tsp Lime Zest
- 1 Tbsp Tequila
- Powdered Sugar and Additional Lime Zest for Garnish

DIRECTIONS:

Preheat oven to 350°F. Line a 9x9 square pan with parchment and spray with cooking spray.

In a large bowl, mix pretzel crumbs, 1/4 cup sugar, and melted butter with a fork. Press firmly into the bottom of the prepared pan. Bake for 12 minutes. While the crust is baking, prepare the filling in another bowl. Whisk the eggs with remaining 2 cups of sugar. Whisk in juices, zest, and tequila (or another tablespoon of juice instead), then whisk in flour until smooth. Pour mixture slowly and carefully over hot crust. Continue baking for about 23-25 minutes until the top starts to turn golden and is no longer translucent. Cool bars completely before cutting. Dust the top with powdered sugar and cut carefully into squares. Store in refrigerator for up to 3 days and enjoy!

Swapping graham crackers for pretzels reduces the overall sugar in this dessert and makes it a bit more savory. You have the option to use a sugar substitute to help out with this as well. You may also omit the tequila if desired, just add 1 Tbsp orange juice to help balance the flavor.

